WHAT IS CLAIMED IS:

1. A composition for suppressing hydroxymethylfurfural (HMF) generation, the composition comprising an allulose disaccharide, wherein the allulose disaccharide is a compound in which two allulose molecules are linked by a glycosidic bond, the glycosidic bond linking a hydroxyl group at C2 position of one allulose molecule of the two allulose molecules to a hydroxyl group at any one position of C1 to C6 positions of the other allulose molecule.

2. The composition of claim 1, wherein the HMF generation is caused by a sugar.

3. The composition of claim 2, wherein the sugar is a monosaccharide.

4. The composition of claim 3, wherein the monosaccharide is allulose.

5. The composition of claim 1, wherein the allulose disaccharide is included in 1 part by weight or less, and more than 0 parts by weight, based on 100 parts by weight of the total sugars included in the composition.

6. The composition of claim 1, wherein the concentration of sugars of the composition is 1% (w/w) - 10% (w/w).

7. A composition for preventing browning, the composition comprising an allulose disaccharide, wherein the allulose disaccharide is a compound in which two allulose molecules are linked by a glycosidic bond, the glycosidic bond linking a hydroxyl group at C2 position of one allulose molecule of the two allulose molecules to a hydroxyl group at any one position of C1 to C6 positions of the other allulose molecule.

8. The composition of claim 7, wherein the browning is caused by a sugar.

9. The composition of claim 8, wherein the sugar is a monosaccharide.

10. The composition of claim 9, wherein the monosaccharide is allulose.

11. A method of suppressing HMF generation, the method comprising preparing a mixed composition including a sugar and an allulose disaccharide, wherein the allulose

disaccharide is a compound in which two allulose molecules are linked by a glycosidic bond, the glycosidic bond linking a hydroxyl group at C2 position of one allulose molecule of the two allulose molecules to a hydroxyl group at any one position of C1 to C6 positions of the other allulose molecule.

12. A method of preventing browning, the method comprising preparing a mixed composition including a sugar and an allulose disaccharide, wherein the allulose disaccharide is a compound in which two allulose molecules are linked by a glycosidic bond, the glycosidic bond linking a hydroxyl group at C2 position of one allulose molecule of the two allulose molecules to a hydroxyl group at any one position of C1 to C6 positions of the other allulose molecule.

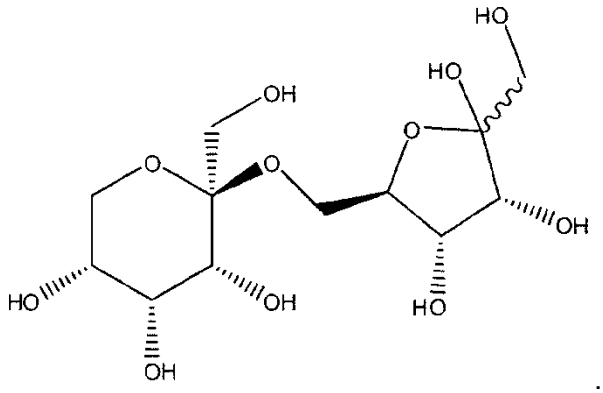
13. A method of preparing a composition including a sugar, the method comprising:
preparing a mixed composition including a sugar and an allulose disaccharide; and
heating the mixed composition, wherein the allulose disaccharide is a compound in which two allulose molecules are linked by a glycosidic bond, the glycosidic bond linking a hydroxyl group at C2 position of one allulose molecule of the two allulose molecules to a hydroxyl group at any one position of C1 to C6 positions of the other allulose molecule.

14. The method of claim 13, wherein the heating is performed at 70 °C or higher and 95 °C.

15. The method of preparing a composition including a sugar of claim 13, wherein the heating of the mixed composition is to suppress HMF generation.

16. A method of preparing a composition including a sugar, the method comprising:
preparing a mixed composition including a sugar and an allulose disaccharide; and
sterilizing the mixed composition, wherein the allulose disaccharide is a compound in which two allulose molecules are linked by a glycosidic bond, the glycosidic bond linking a hydroxyl group at C2 position of one allulose molecule of the two allulose molecules to a hydroxyl group at any one position of C1 to C6 positions of the other allulose molecule.

17. The composition of claim 1, wherein the allulose disaccharide is represented by Formula 1 below:
[Formula 1]



18. Use of an allulose disaccharide in suppressing HMF generation, wherein the allulose disaccharide is a compound in which two allulose molecules are linked by a glycosidic bond, the glycosidic bond linking a hydroxyl group at C2 position of one allulose molecule of the two allulose molecules to a hydroxyl group at any one position of C1 to C6 positions of the other allulose molecule.